

ABSTRACT OF THE DISCLOSURE

A mouthguard has a flexible frame, and has bite tabs extending from the rear surface of the frame for engaging the wearer's teeth. The bite tabs include anterior bite tabs for engaging the wearer's front teeth. A narrow split may be provided
5 between the anterior bite tabs that allows the bite tabs to maintain their flexibility. The flexible frame lays against the outer surface of the teeth and extends into the buccal folds superiorly and interiorly of the cheek where the muscles hold it in place. Grooves may be positioned lengthwise along the frame above and below the bite tabs for purposes of flexibility and to allow the muscles of the cheek to press the upper and
10 lower extensions of the frame close to the bone for better retention and comfort. The teeth engage the bite tabs, thus preventing the teeth from clashing together and protecting the temporomandibular joint (TMJ). One or more air holes may be provided in the front portion of the mouthguard permit easy breathing. The mouthguard is retained by the muscles of the lips and cheeks, causes no gag reflex,
15 and is simple, comfortable and protective.